

CLAIMS

We claim:

1. A method of maintaining urinary tract health in the face of an infection, comprising the steps of:

administering a dosage of one to two teaspoons of D-mannose to the patient three times a day with meals for one to two weeks or until the symptoms subside.

2. The method of Claim 1, wherein said D-mannose is administered orally.

3. The method of Claim 1, wherein said D-mannose is administered as a powder.

4. The method of Claim 1, wherein said D-mannose is administered in a capsule.

5. The method of Claim 1, wherein said D-mannose is administered in a capsule containing herbs that affect the urinary tract.

6. The method of Claim 1 further comprising administering at least one of a group consisting of an extract of Crataeva nurvala, willow bark, and pollen extract simultaneously with said D-mannose.

7. The method of Claim 1, further comprising administering each of an extract of Crataeva nurvala, willow bark, and pollen extract simultaneously with said D-mannose.

8. A method of dealing with a urinary tract infection in a patient comprising the steps of:

administering a therapeutically effective dosage of D-mannose and a therapeutically effective dosage of at least one of the group of an extract of Crataeva nurvala, willow bark, and pollen extract simultaneously with said D-mannose to a patient.

9. The method of Claim 8, wherein said dosages are administered in a capsule.

10. The method of Claim 8, wherein each dose contains approximately 2 grams of mannose.

11. The method of Claim 8, wherein a dose is administered three times a day with meals.
12. The method of Claim 8, wherein each dose contains approximately 40 mg of Cratavin™ or its equivalent.
13. The method of Claim 8, wherein each dose contains approximately 60 mg of willow bark standardized extract or its equivalent.
14. The method of Claim 8, wherein each dose contains approximately 20 mg of pollen extract or its equivalent.
15. A composition for maintaining urinary tract health in the face of infections, comprising:
 - a therapeutically effective dosage of D-mannose; and
 - a therapeutically effective dosage of at least one of the group of an extract of Crataeva nurvala, willow bark, and pollen extract.
16. The composition of Claim 15, wherein said composition comprises a therapeutically effective dosage of each of an extract of Crataeva nurvala, white willow bark, and pollen extract.
17. The composition of Claim 15, wherein said composition is provided in capsules, each of said capsules comprising 500 mg of D-mannose, 10 mg of an extract of Crataeva nurvala, 15 mg of white willow bark containing 2.25 mg of salicin, and 5 mg of pollen extract or their equivalents.